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b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

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--27. A method according to claim 26, wherein the preparation comprises at least one of hypericin and extract of Withania somnifera.

--28. A method according to claim 26, wherein the preparation comprises citrate.

--29. A method according to claim 26, wherein the preparation contains tryptophan or a protein containing tryptophan.

--30. A method according to claim 26, wherein the gamma-3 fatty acids are selected from the group consisting of eicosapentaenoic acid and docosahexaenoic acid and the gamma-6 fatty acids are selected from the group consisting of arachidonic acid and dihomogammalinolenic acid.

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--31. A method according to claim 26, wherein b) comprises phosphatidylcholine, phosphatidylethanolamine and phosphatidylserine.

--32. A method according to claim 26, wherein c) contains at least folate and vitamin B6.

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--33. A method according to claim 26, wherein the preparation contains at least one member selected from the group consisting of SAME, choline, betaine and copper.

--34. A method according to claim 26, wherein the preparation comprises zinc and copper, wherein the weight ratio of zinc to copper is between 5 to 12.

--35. A method according to claim 26, wherein the preparation contains at least one member selected from the group consisting of carnitine, vitamin B1, vitamin B5 and coenzyme Q10.

--36. A method according to claim 26, wherein the preparation contains at least one antioxidant selected from the group consisting of vitamin C, vitamin E, lipoic acid, selenium salt and carotenoids.

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--37. A method according to claim 26, wherein the preparation contains an extract of ginkgo biloba.

--38. A method according to claim 26, wherein the preparation contains vitamin D.

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--39. A method according to claim 26, wherein the preparation comprises folate, citrate, at least one of hypericin and extract of Withania somnifera, and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.1 mg hypericin and at least 100 mg extract of Withania somnifera and

at least 500 mg citrate.

--40. Method according to claim 39, wherein the preparation comprises eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, magnesium, zinc, vitamin B6 and vitamin B12 and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 20 mg eicosapentaenoic acid;

at least 50 mg docosahexaenoic acid;